

## Fairfax County Peer-Run Recovery and Drop-In Centers

The peer-owned and operated Recovery Centers in Fairfax are all designed, led, and governed by people who have personal experience with mental illness or with mental health and substance abuse challenges. They offer a connection to the peer community and a peer support environment where people can develop a self-directed life based on their own visions and goals using the power of peer services. The Centers' programs enhance the well-being of those they serve through increased community integration, employment, training, teaching self-advocacy skills, providing systems advocacy, and using the peer community's experience in helping individuals overcome their challenges.

**Drop-in Centers do not require you to have a referral, to register or expect you to divulge any personal information you wish to keep private.** There is no cost and like the name suggests, you can simply drop by and see what help and what supportive relationships may be available to you there.

### Annandale Consumer Wellness Center

703-531-4650, [www.consumerwellnesscenter.org](http://www.consumerwellnesscenter.org)

Heritage Center, East Building

7611 Little River Turnpike, Suite 100E, Annandale, VA 22003

Open Monday through Thursday, 10 a.m. to 4 p.m.

Bottom floor, look for CWC signs.



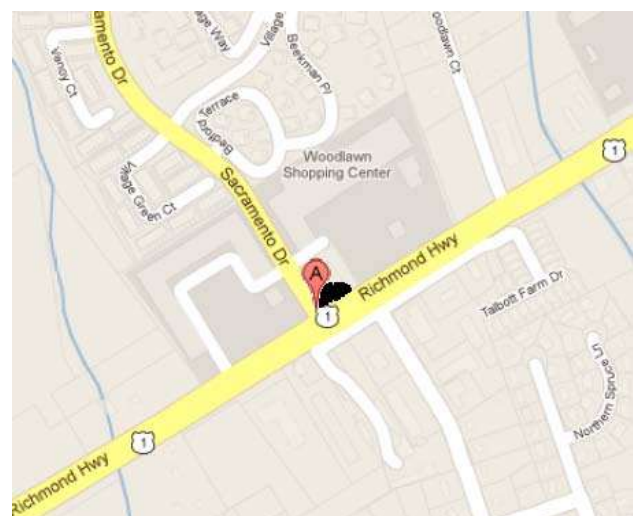
### South County Recovery and Drop-In Center

703-341-6890

8794-S Sacramento Drive, Alexandria, VA 22309

Open Mondays and Thursdays, 3 to 7:30 p.m., Saturdays and Sundays, noon to 7:30 p.m.

Serves Route 1 corridor, Eleanor Kennedy Shelter and homeless; laundry, shower and other resources available.



For information on how to reach these locations using public transportation, visit [www.fairfaxconnector.com](http://www.fairfaxconnector.com) or call 703-339-7200, TTY 703-339-1608, or visit [www.wmata.com](http://www.wmata.com), 202-637-7000, TTY 202-638-3780.

Call 703-324-7000, TTY 711, to request this information in an alternate format.

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### Reston Drop-In Center

703-437-5105, [www.therestondropincenter.org](http://www.therestondropincenter.org)

1820 Michael Faraday Drive, Reston, VA 20190

Open Monday through Friday, 9 a.m. to 3:30 p.m.

Great food, good company, visit website or call for groups/activities.



### Laurie Mitchell Empowerment & Career Center

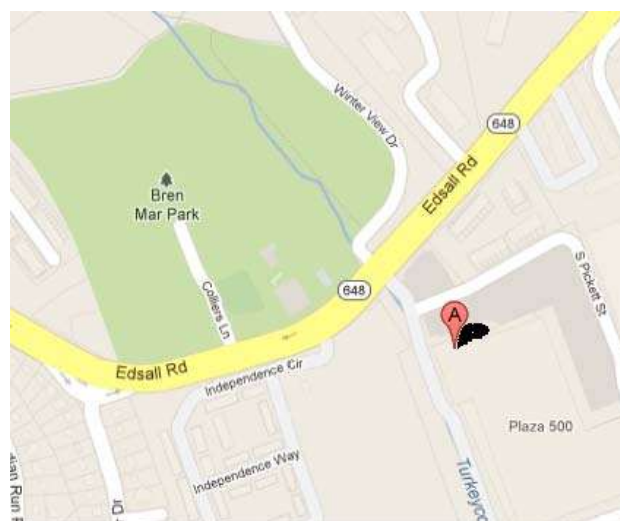
703-461-3886, [www.lmec.org](http://www.lmec.org)

6295 Edsall Road, Suite 175, Alexandria, VA 22312

Open Mon. through Thurs., 5 to 9 p.m., Saturday, 10 a.m. to 3 p.m.

Computer classes, support groups, employment assistance, seminars, workshops, Toastmasters & more!

Program Director: Daniel Lawson, [dlawson@lmec.org](mailto:dlawson@lmec.org)



## Helpful Phone Numbers and Websites

- Virginia Office of Protection & Advocacy – 1-800-552-3962
- Local Human Rights Advocate (Northern VA) – 703-323-2098
- Mental Health Recovery, Copeland Center (Wellness Recovery Action Plans) [www.copelandcenter.com](http://www.copelandcenter.com) and [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)
- National Consumer Clearinghouse – 1-800-553-4539, <http://www.mhselfhelp.org/>
- Mental Health America – <http://www.nmha.org/>
- Free cell phone for persons with low or no income (250 minutes/month free) – 1-888-898-4888, [www.assurancewireless.com](http://www.assurancewireless.com)
- Wellness Recovery Action Plans – [www.fairfaxfallschurchwrap.org](http://www.fairfaxfallschurchwrap.org). For more info call Cicely Spencer at 703-324-7167 or David Mangano at 703-324-7016. Get well, find people who support your wellness, and stay well! Life improves in recovery!
- CrisisLink – 703-527-4077 (if you need someone to talk to) 1-800-273-TALK
- Community Resources – 2-1-1 or [www.211virginia.org](http://www.211virginia.org)
- Suicide Hotline – 1-800-SUICIDE
- AA Hotline – 703-293-9753 (local) or 1-800-208-8649
- Alcohol/Drug Abuse Hotline – 1-800-662-HELP
- Fairfax-Falls Church Community Services Board – 703-383-8500; 24-hour Emergency: 703-573-5679, TTY 703-207-7377; Fairfax Detoxification Center: 703-502-7000, TTY 703-322-9080

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